

# Kenai Peninsula Youth Facility

## Wellness Policy

### Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student school attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful wellness policies;

Thus, the Kenai Peninsula Youth Facility is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Kenai Peninsula Youth Facility (KPYF) that:

- KPYF will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All residents will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at the facility will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the

student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- To the maximum extent practicable, the facility will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks]. The KPYF school staff and facility staff will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

## **I. Facility Health Council**

KPYF will create a health council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

This Council should consist of representatives from KPYF School, KPYF nursing staff, KPYF Food service coordinator, KPYF detention staff, KPYF Superintendent and chosen residents.

## **II. Nutritional Quality of Foods and Beverages Served on Campus**

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- **Breakfast.** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:
- KPYF will operate the School Breakfast Program. All residents will be served a breakfast according to USDA Guidelines.
- **Lunch**
- KPYF will participate in the NSLP and Afterschool snack program
- All residents will be allowed an appropriate time for meal periods
- KPYF will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- **Qualifications of Food Service Staff.** Qualified nutrition professionals will administer the school meal programs. As part of the facilities responsibility to operate a food service program, we will provide continuing professional development for our food service coordinator and support staff. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, nutrition managers, and food service contract staff, according to their levels of responsibility.

- **Sharing of Foods and Beverages.** Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

**Snacks.** Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The facility will disseminate a list of healthful snack items to facility staff, teachers, food service contract staff, and parents.

- If eligible, the facility will pursue receiving reimbursements through the National School Lunch Program.
- **Rewards.** The facility will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,<sup>10</sup> and will not withhold food or beverages (including food served through school meals) as a punishment.
- **Celebrations.** Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The facility will disseminate a list of healthy party ideas to staff and teachers.

### III. Nutrition and Physical Activity Promotion and Food Marketing

**Nutrition Education and Promotion.** Kenai Peninsula Youth Facility aims to teach, encourage, and support healthy eating by students. The facility should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, , and a facility garden;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

**Integrating Physical Activity into the Classroom Setting.** For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

## **IV. Physical Activity Opportunities and Physical Education**

**Daily Physical Education (P.E.) K-12.** All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

**Physical Activity Opportunities Before and After School.** All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity groups or other programs. The facility as appropriate, will offer a variety of sports programs. The facility will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

**Physical Activity and Punishment.** Teachers, facility staff, and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

## **V. Monitoring and Policy Review**

**Monitoring.** The superintendent or designee will ensure compliance with established nutrition and physical activity wellness policies.

Food service contract staff, and the food service coordinator, will ensure compliance with nutrition policies and will report on this matter to the superintendent. In addition, the facility will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the facility has not received a SMI review from the state

agency within the past five years, the facility will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on compliance with the established nutrition and physical activity wellness policy. That report will be provided to the facility Citizen's Advisory Board and also distributed to all school personnel, and school administrator.

**Policy Review.** To help with improvements to the facility wellness policy, the facility will conduct a baseline assessment of the existing nutrition and physical activity environments and policies. The results of that assessment will be used to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the facility health council will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The facility will, as necessary, revise the wellness policy and develop work plans to facilitate its implementation.